

SENIOR ADULT ADVISORY COUNCIL  
100 Dexter Avenue North  
Seattle, Washington 98109-5199  
**CHANGE SERVICE REQUESTED**

Presorted Standard  
U.S. POSTAGE  
**PAID**  
SEATTLE, WA.  
PERMIT NO. 900

# Senior Adult Programs



Follow A Path To Senior Adult Programs !

January 5 - March 19

Winter 2004

As the Senior Adult Programs are in their 30th year of operation, we invite you to enjoy recreational activities offered citywide. If you would like to help other like-minded citizens and the professional staff of the Senior Adult Programs, you are invited to join the advisory council. The council meets the 4th Monday of each month. For information on the advisory council, please call Trevor Gregg at 206-684-4951. We would like to thank the following members for their support: *Jo Bell, Bernice Green, Connie Horner, Cecelia Kelly, Mary Martin, Wayne Metsker, Wally Meyers, Norman Monk, Gordon Raymond, Laurel Wick*

### REFUND POLICY



It is the policy of the Seattle Department of Parks and Recreation and the Associated Recreation Council that any person who registers for a class, special event or program that is cancelled for any reason by the Department or the Advisory Council will receive a full refund. Any person who registers for a class, trip, special event, or facility rental, and who requests a refund within 14 days of its start (or before the second session of a class) may receive a refund minus a service charge. Any person who registers for a class, trip, special event, or facility rental and who withdraws from the activity fewer than 14 days before its start (or before the second session of class) will receive no refund.

### INCLEMENT WEATHER POLICY

If the Seattle Public Schools are closed, ALL senior programs are cancelled. For further information due to inclement weather, call the Senior Adult Programs office at 684-4951 prior to venturing out.



### EXERCISE REIMBURSEMENT NOTICE

Some health insurance companies will reduce premiums with proof of enrollment in an exercise class – just be sure to ask for a receipt!!!



### FINANCIAL ASSISTANCE

Scholarships are available on a limited basis. Applications may be obtained by calling 684-4951. *Applications must be turned in prior to the first day of the quarter.*

### FEES AND CHARGES

The programs and activities listed in this brochure are provided by the Senior Adult Advisory Council under an agreement with the Department of Parks and Recreation. Fees collected by the Advisory Council are used to partially offset the cost of these programs. The program fees listed here include a 10% fee which is paid to the Department of Parks and Recreation. The Department uses these funds to defray the overall operation expenses. Class/program fees listed in this brochure include sales tax where applicable in accordance with current provisions of the State tax code enacted by the State Legislature.

**PLEASE NOTE: Class / Trip times/destinations are subject to change.**

As a matter of policy, law and commitment, the Seattle Parks & Recreation Department does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or presence of any sensory, mental or physical handicap. (Seattle Municipal Code 18.12.280.)

**Persons With Disabilities:** Reasonable accommodations will be made on request for persons with disabilities. If you need sign language interpretation, auxiliary aids or other accommodations, please call 684-4951 or (TDD only, 684-4950). **If possible, please allow ten working days advance notice for sign language interpretation or auxiliary aids.** If a class or activity is scheduled in an area that is not barrier free for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

### PROFESSIONAL STAFF

**Ken Bounds** - Superintendent  
**Herbye White** – Director, Recreation Support Division  
**David Jensen** - Recreation Manager  
**Trevor Gregg** – Recreation Programs Coordinator  
**Linda Guzzo** - Administrative Specialist I

### RECREATION STAFF

**Clothilde Bakari** - Recreation Specialist  
**Cheryl Brown** - Recreation Specialist  
**Mary Dalzell** – Recreation Specialist  
**Jayla McGill** - Recreation Specialist  
**Tim Pretare** - Recreation Specialist  
**Stacie Sheridan** - Recreation Specialist  
**Angela P. Smith** - Recreation Specialist



## IMPORTANT NOTICE

### Pre-Registration Requirement

The hours of operation for the Seattle Parks and Recreation Department have changed and the Senior Adult Programs Section is now **REQUIRED** to have individuals pre-register for the various morning drop-in programs. There will be a building monitor at each facility that offers early-morning drop-in activities who will need to have a list of people participating in our programs.

**Programs included in this new procedure include:**

*Pickleball      Bridge      Games      Book Clubs      Crafts*

**To register for the free morning drop-in programs,  
please contact the following Senior Adult staff person in your area:**

**South East: Angela P. Smith, 684-7484**

Jefferson  
Rainier  
Rainier Beach Complex  
Van Asselt

**Southwest: Mary Dalzell, 684-4115**

Alki                      South Park  
Delridge                Southwest  
Hiawatha  
High Point

**Central East: Clo Bakari, 233-7255**

**Cheryl A. Brown, 233-7255**

Garfield  
Miller  
Montlake  
Yesler

**Central West: Tim Pretare, 684-4240**

Langston Hughes  
Magnolia  
Queen Anne

**North East: Jayla McGill, 386-9106**

Green Lake  
Laurelhurst  
Meadowbrook  
Ravenna-Eckstein

**North West: Stacie Sheridan, 233-7138**

Ballard  
Bitter Lake  
Loyal Heights

### **IMPORTANT VAN INFORMATION**

The Senior Adult Programs Unit has reduced the number of seats available in our 15-passenger vans to comply with recent investigations regarding accidents occurring in vans of this size.

Therefore, our vans will only be able to accommodate 10 passengers per vehicle, instead of the 13 we used to be able to accommodate. We apologize that not as many people will be able to attend the trips offered through our programs, however, your safety is our first concern.



## Citywide Special Events & Programs

**NEW!!**

### **PERFORMING ARTS PLANNING MEETING**

**Tuesday, January 13, 1:00 PM to 3:00 PM**

**Queen Anne Community Center**

**1901 1st Ave. W.**

**Contact: Tim Pretare 206-684-4240**

Adults interested in any aspect of theatrical production and performance should attend this meeting! No experience necessary!! This is your opportunity to live your dream of being a part of a theater group. If you have any interest in any of the following areas you won't want to miss out on the chance of a lifetime!

- *Acting*
- *Directing*
- *Script Writing*
- *Story board Drawing*
- *Musical Performance*
- *Staging*
- *Production*
- *Comedy*

### **“Seniors Training Seniors In Computer Basics “**

Learn computer basics and more in a small class in a series of 2 hour work shops. Sponsored by the Seattle Human Services Department and the Mayor's Office for Senior Citizens. Call to **pre-register** at the Center closest to you:



<b>Alaska Bldg. (2<sup>nd</sup> &amp; Cherry).....</b>	<b>206-684-0639</b>
<b>Delridge Community Ctr.....</b>	<b>206-933-8629</b>
<b>Garfield Community Ctr.....</b>	<b>206-684-4788</b>
<b>Phinney Ridge Neighborhood Ctr .....</b>	<b>206-783-2244</b>
<b>Sand Point/Magnuson Park .....</b>	<b>206-684-0639</b>
<b>Southeast Senior center .....</b>	<b>206-684-0639</b>
<b>Wallingford Senior Ctr.....</b>	<b>206-461-7825</b>
<b>West Seattle Senior Ctr .....</b>	<b>206-932-4044</b>
<b>Yesler Community Center.....</b>	<b>206-386-1245</b>

**Please visit our new and improved web site for  
Senior Adult Programs at:  
[www.cityofseattle.net/parks/Seniors](http://www.cityofseattle.net/parks/Seniors)**

### **HEALTHY EATING HEALTHY AGING**

**“COME TASTE”**

***A Series of Cooking Demonstrations Promoting Good  
Health and Good Aging Through Good Nutrition***

***FREE WORKSHOPS!***

Learn to create a variety of quick, easy to prepare foods that are not only great tasting but good for you too! These workshops last approximately 30 minutes. All are welcome and encouraged to attend!

#### **Southwest Community Center**

**Friday, January 30**

**11:00am (After Aerobics)**

#### **Jefferson Community Center**

**Wednesday, February 18**

**9:45am (After Aerobics)**

#### **Rainier Community Center**

**Thursday, March 11**

**12:00pm (After Pickleball)**

***Please Pre Register Beginning on Wednesday,  
January 14th by calling 684-4951***

### **BOCCE BOCCE BOCCE**

***Now That's Italian!***



Join us for a day of fun for the entire family! The Senior Adult Programs is hosting a Recreational Bocce Ball Day of Fun for all ages! Never Played Before? This is your opportunity to come learn this easy to play and easy to learn game of skill and strategy... a new sport for the Greater Seattle Senior Games!

“Experts” will be available to assist you in Bocce Ball Skills development!

Join us for lunch! Be sure to pre-register for lunch so we know how many to expect!

**Sunday, February 15**

**10am – 4pm**

**12pm – 1:00pm Lunch**

**Rainier Community Center**

**Cost: \$6.00 Lunch**

**Bocce Ball Lessons – Free!**

***Registration begins February 2nd at 8:00 am by calling  
684-4951***

Please make checks payable to: Senior Adult Programs,  
ATT: Trevor, 8061 Densmore Ave. N., Seattle, WA  
98103.

# Citywide Special Events & Programs

## NORTHWEST CHAMBER ORCHESTRA



Join us this winter for another season at the Illsley Ball Nordstrom Hall at Benaroya Hall (located at 3rd & Union). Enjoy a variety of music.

No Transportation Provided.

**A Seattle Parks & Recreation Department staff will meet you in front of the theater.**

**Note: This is an evening performance!**

**Wednesday, February 25, 2004, at 7:30 pm**

**Ana Chumachenko, Violin**

**Vera Nicolova, Mezzo-soprano**

**Ralf Gothóni, Piano**

**Brahms:** Piano Quartet in G minor, Op. 25

**Tchaikovsky:** Sextet, "Souvenir de Florence"

**Rachmaninoff:** Songs for Mezzo-soprano

**Registration begins February 9<sup>th</sup> at 8:00 am by calling 684-4951.** Cost for each performance is \$15.00.

Please make checks payable to: Senior Adult Programs, ATT: Trevor, 8061 Densmore Ave. N., Seattle, WA 98103.

**Checks should be received BY:  
February 18th**

## CHESS TOURNAMENT

**Sat, Feb. 21 9:00-4:00pm**

**Free**

A wonderful game of strategy – checkmate!

The Winter Intergenerational

Chess Tournament

will be held at

Loyal Heights Community Center

(located at 2101 N.W. 77th).

Bring a lunch, beverage, chessboard and pieces. Call

Loyal Heights, 684-4052, for further details.



## FRAGRANCE FREE COURTESY

**During Senior Adult Programs / Trips, please refrain from the use of any perfumed personal care products as a courtesy to those who experience chemical sensitivities.**

*Thank You.*

## LAWN BOWLING

**Free**

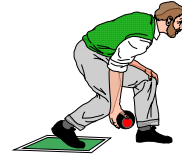
Keep active and bowl outdoors on wonderful manicured greens.

Good fellowship accompanies games.

Come and try it for fun!

Be sure to wear flat-soled shoes. Bowls provided at the Club House. Sign-up, call in, or drop by.

For an introduction to this fun game contact one of the Seattle Lawn Bowling Clubs listed below:



### Jefferson Park Lawn Bowl

**(206) 762-2490**

**4103 Beacon Avenue South**

**( west of Jefferson Golf Club House )**

### Woodland Park Lawn Bowl

**(206) 782-1515**

**6018 Whitman North**

**( near 58th & Aurora Avenue )**

## GREATER SEATTLE SENIOR GAMES

**Grab Life and Go – Get in the Games!**

**Mark Your Calendars!**

**June 25, 26, 27**

**Ingraham High School**



By providing the opportunity to participate in a social, competitive, recreational, and athletic event, the Greater Seattle Senior Games:

- Creates an awareness of the abilities and capabilities of older adults age 50 plus.
- Helps to maintain and improve health and wellness.
- Promotes an interest in lifetime sports, recreation and physical activity.

The Greater Seattle Senior Games will be expanding in 2004! In addition to the above dates, we will be offering several sporting and recreational events throughout the year including Golf, Bocce, Swimming, Rock Climbing, and more! For additional information or to be added to our mailing list, please call: Trevor Gregg, 684-4664

**Registration information will be available  
in January.**

# South East

## SE - REGISTRATION INFORMATION CLASSES / SPECIAL EVENTS

Angela P. Smith - Recreation Specialist, CTRS  
(206) 684-7484

**Winter Quarter Dates:** January 5 – March 19

**No Classes:** January 19, February 16

**Make ups:** We encourage you to make up cancelled classes at any other site in the city. Please inform the instructor you're making up the class.

**SE Class Registration:** Class registrations begin **December 22** at 9 am by phone, or mail, using the form in the back of the brochure. Class dates/times are subject to change. **Trips are phone-in registration only.**

**All Class Payments:** checks payable to: "Senior Adult Advisory Council", and mail to *Sr. Programs, Attention: Angela, Jefferson CC, 3801 Beacon Ave. South, Seattle-98108:*

### South Division Sites:

Jefferson CC..... 3801 Beacon Ave. S.  
Rainier CC..... 4600 – 38th Ave S.  
Rainier Beach Complex ..... 8825 Rainier Ave. S.  
Van Asselt CC..... 2820 S. Myrtle St.

## Aerobics and Fitness

### SENIOR AEROBICS \$18.00

Time to re-energize, put a spring in your step, and feel better. Our classes are taught by certified instructors.

J. Inouye Mon 8:30 - 9:30 am Jefferson  
J. Shearer Wed 8:45 - 9:45 am Jefferson

### TAI CHI \$33.00

Use stretching exercises to work toward incorporating good posture/body awareness.

M. Aoki Wed 10:30-12:00 pm Jefferson

### Arthritis Exercise (PACE) \$22.00

PACE = People With Arthritis Can Exercise, class includes range of motion, strengthening and much more.

A. Smith Thurs 10:00-11:00 am Jefferson

### FITNESS FOR LIFE \$18.00

1-hour session includes dyna bands, stretching, use of weights, and more. Bring small weights.

Z. Hachiya Thurs 8:15-9:15 am Jefferson

## Evening Classes

### BEGINNING LINE DANCE \$18.00

No partner needed. It is fun, easy, and great exercise.

Great evening dance class for the working class senior.

Y. Kishida Wed 5:30-6:30 pm Rainier Beach

## Dancing

### LINE DANCING \$18.00

Get on that dance floor and move to the music! Great for the body & soul! No experience or partner needed.

J. McGill Fri 8:30-9:30 am Jefferson

## Sports & Games

### OPEN BRIDGE Free

It's in the cards that you'll have a great time. Drop in programs for the bridge enthusiast.

Wednesdays 10:00-12 noon Jefferson  
Wesnesdays 12:00-3:00 pm Rainier

### PICKLEBALL

A terrific game. Fun and exercise in one great package!

M / W / F 10:00-1:00 pm Van Asselt  
Th (Advance) 10:00-1:00pm Van Asselt  
T / Th 10:00-12 noon Rainier



## Book Club

The Seattle Public Library provides books to our groups free of charge. We have pages and pages of wonderful books to choose from. Please call Angela, 684-7484, if you need further information.

### Book Club – JEFFERSON

Meet the 2nd Monday of each month at 10:00 am at the Jefferson Community Center: 1/12, 2/9, 3/8



## Cooking

Have you run out of new dishes to serve? Come to class and learn new recipes. Occasional guest chefs to be announced. Just bring yourself and your tastebuds to explore new temptations. Cost \$6.00 per class. Please pre-register.

January 26 10:30 – 12:30 pm Jefferson  
March 1 10:30 – 12:30 pm Jefferson

## Special Events

**REGISTRATION REQUIRED FOR EACH  
SPECIAL EVENT: Call 684-7484**

### SENIOR GATHERING

**Free**

Food, fun, and door prizes. Usually held the 4<sup>th</sup> **Wednesday** each month. Special time to meet others and receive health information. Dates and times are subject to change due to special events with community partners. Please inquire about location and pick-up sites. **Limited transportation** provided by reservation.

Jan 28.....10:30-12:30 pm

Feb 25.....10:30-12:30 pm

Mar 24.....10:30-12:30 pm

### VALENTINE DAY POTLUCK

**Free**

Perfect day to celebrate friendship, share laughs and enjoy each other. Bring your favorite dish to share.

Feb 13 (Fri) 12:00 noon Jefferson

### SENIOR 'FUN-RAISERS'

**\$3/\$ 5 at Door**

Money raised will help support more free and reduced price activities. Come join us for an appetizing meal.

**Pre-registration appreciated.**

Pancake Brunch Jan 23 10:30 am Jefferson

Spaghetti Lunch Mar 12 11:30 am Rainier

### RUMMAGE SALE

**\$10 Table**

Get a jump start on Spring cleaning! Sell those items that have been accumulation over the years and have not been used, and make a little money while you're at it. Must register and pay table fee by **March 19th**.

April 3 (Sat) 10:00-3:00pm Rainier

## Workshops/Speakers

**REGISTRATION REQUIRED FOR EACH  
WORKSHOP: Call 684-7484**

### INCOME TAX

**Free**

Free tax help from qualified volunteers. Appointments will be only on **Thursdays beginning February 19th**. Please call 648-7484 to register.

Thursdays Jefferson

### SOUNDS OF LIFE

**Free**

Sounds of Life Hearing Center will offer free hearing screenings that take about 5 minutes. They are painless and worth the time it takes. Educational session.

Jan 14 (Wed) 10:30 am Rainier Beach

Feb 3 (Wed) 10:30 am Jefferson

### PROVIDENCE ELDERPLACE

**Free**

One-stop medical shop for Medicaid recipients. On-site prescriptions, dental, vision, activities, and lunch programs. Come join us for their presentation.

Feb 4 (Wed) 11:00 am Rainier

Feb 11 (Wed) 11:00 am Rainier Beach

### MINOR HOME REPAIRS

**Free**

Senior Service of King County motto is "supporting the independence of seniors". City homeowners can qualify for a variety of repairs based on income and family size.

Feb 27 (Fri) 10:30 am Rainier Beach

Mar 5 (Fri) 10:30 am Jefferson

### DOWNSIZE FROM A LIFELONG HOME

**Free**

The authors of "When it's More Than Just Stuff: How to Sort, Disperse, Pack and Move a Lifetime of Belongings" presents a seminar for support/information on downsizing, moving, rummage and garage sales, or just thinning out your belongings.

Mar 2 (Tues) 10:30 am Jefferson

Mar 9 (Tues) 10:30 am Rainier

### BENEFITS OF A PET PARTNER \$1.00 Donation

Have you ever considered owning a pet? It has benefits for you, including longevity and companionship.

"Looking Good Grooming" will host this session, along with basic pet maintenance: toe nails, flea, teeth, etc.

Mar 6 (Sat) 11:00 am Jefferson

## Crafts

### KNITTING

**\$18.00**

All levels welcome. There will be help with marking, patterns, fitting, and more. Instructor: Kiyo Ono

Mondays 10:00-12:00pm Jefferson

### DROP-IN CRAFTS

**Free**

Time provided for you to join your friends in a social atmosphere working on projects of your choice.

Thursdays 12:00-3:00 pm Jefferson

### LAP-QUILTING

**Free**

Quilting that can be taken anywhere to work on. Students help each other.

Fridays 10:00-1:00 pm Jefferson

### BASKET MAKING

**Fridays 1:00-3:00 pm Jefferson**

All participants need to bring heavy scissors, old towel (for wet weaving), clothes pins, pencil and a bucket for soaking. Wear old clothes. Optional: spray bottle.

Please pre-register. Instructor: Carol Williams

### Wicker Basket

**January 16, 23, 30**

Learn the process of increasing from a base of 8 spokes: open twining and cross-warping.

Class Fee: \$10 Material Fee to Instructor: \$18

### Bulrush Bowl

**February 13, 20, 27**

Students will learn various techniques.

Class Fee: \$10 Material Fee to Instructor: \$10

### Shaker Bread Basket

**March 12, 19, 26**

Learn to make an open work basket in the Shaker style.

Option for more advance students: basket with handle.

Class Fee: \$10 Material Fee: \$15 paid to instructor

## Volunteer Opportunities

Seattle Parks and Recreation Department, Senior Adult Programs is looking for help with: Driving, Cooks, Crafts, Special Events, Seasonal Functions, and Language Translators. Interested or have questions, please call Angela at 684-7484.

Jefferson Community Center is looking for volunteers to do activities with kids, 5-11 years, after school. Program hours vary from 3:10 – 6:00pm. Activities include reading, tutoring, cooking, art & crafts. Interested or have questions? Please call Chris at 684-7481.

## Spring Planning Meeting

Your ideas and suggestions will bring forth a great Winter quarter. We need your input on all activities, trips, workshops, crafts, and guest speakers.

Jan 9 (Fri) 9:45 am Jefferson

### TRIP REGISTRATION INFORMATION

#### S.E. SECTOR

**\*PAYMENT must be received 5 working days PRIOR to departure.**

#### \*MAKE CHECKS PAYABLE TO:

Senior Adult Advisory Council

**\*MAIL CHECKS TO:** Senior Programs, Att: Angela, 3801 Beacon Ave. S., Seattle - 98108

**Trip Registration:** Call in registration only: at 684-7484 on the date and time listed under each trip. You can only sign up for yourself and one other person. All trip times, costs, and destinations subject to change.

#### PICK-UP SITES:

Jefferson CC (JCC) ..... 3801 Beacon Ave. S.  
..... ( at the time listed )  
Rainier CC ..... 4600 – 38th Ave S.  
..... ( 10 minutes before time listed )  
Rainier Beach CC..... 8825 Rainier Ave. South  
..... ( 20 minutes before listed time )  
Van Asselt CC..... 2820 South Myrtle  
..... 15 minutes prior to listed time

## Registrations Begin As Listed

### S.S.C.C. DISCOVERIES \$15.00

Our day at South Seattle Community College includes lunch provided by the Culinary Arts School, a behind the scenes tour of the Pastry Shop, the Cosmetology Department Beauty Center's "Two Buck Tuesdays". Pastry and Beauty Center expense on your own. **Registration begins December 29, 8 am.**

January 13 10:00-3:00 pm

### BOEING TOUR \$4.00

Boeing Tour Center is known as the biggest building in the world by volume. Watch airplane assembly and exhibits. \$5 dollars at the door for tour. Lunch on your own. **Registration begins January 5, 8 am.**

January 20 9:00-3:00 pm

### CHEAP THRILLS \$4.50

Bargains, deals, seconds, and surplus. The "world of cheap" is ours! Lunch own your own. **Registration begins January 12, 8 am.**

January 27 9:30-3:00 pm

### SEATTLE ARTS MUSEUM \$??

Discussion on the art and archaeology of the Liao dynasty of China (907-1125). This program will be at the Seattle Asian Art Museum. **Registration begins January 21, 8 am.**

February 6 10:15-1:30 pm

### SWEETHEARTS \$4.50

Prepare for Valentine's Day and be an official sweetheart! Dilettants Chocolate Co has 2 unique shops. Visit a local florists. Lunch own your own at the Pike Place Market. **Registration begins January 26, 8 am.**

February 10 10:30-4:00 pm

### SNOQUALMIE FALLS \$6.50

Scenic drive to Snoqualmie Falls, shopping and lunch own your own at the North Bend mall outlet. **Registration begins February 9, 8 am.**

February 24 9:30- 4:00 pm

### TIME OF YOUR LIFE \$17.00

"The Time of Your Life". Stories of forgotten dreams and un-lived lives during the final days of the Great Depression. Juke box music from the 30's punctuated by live honky-tonk piano. No lunch stop. **Registration begins February 18, 8 am.**

March 3 12:45-4:30 pm

### NW WOMEN'S SHOW \$2/Transportation

A big show with lots of food & product samples, health information, make-overs, and more. Admission and lunch own your own. Discount tickets available at Bartells. **Registration begins March 8, 8 am.**

March 19 9:30-2:00 pm

## SEE CITYWIDE PAGE FOR MORE ....

January 13..... Performing Arts Planning  
February 15..... Bocce Day Of Fun  
February 21..... Chess Tournament  
February 25..... NW Chamber Orchestra  
Once A Month..... Cooking Demonstrations  
Advance Notice ..... Greater Seattle Senior Games



# South West

## SW - REGISTRATION INFORMATION

### CLASSES / SPECIAL EVENTS

Mary Dalzell, Recreation Specialist

(206) 684-4115 / 684-7438

e-mail: mary.dalzell@seattle.gov

**Winter Quarter Dates:** January 5 – March 19

**No Classes:** *January 19, February 16*

**Make-Ups:** We encourage you to make up canceled classes at any other site in the city. Please inform the instructor you're making up the class.

**MAIL 'ALL' CHECKS TO:** Sr. Programs, *Attn: Mary, Southwest CC, 2801 SW Thistle, Seattle-98126*

**SW Class Registration:** Class registrations begin **December 22nd** at 9am by calling 684-4115.

**All Class Payments:** checks payable to: "Senior Adult Advisory Council", and mail to: SW Community Center, Sr. Programs, Att: Mary 2801 SW Thistle - 98126.

### South West Sector Sites:

Alki CC ..... 5817 South Stevens  
Delridge CC ..... 4555 Delridge Way SW  
Hiawatha CC ..... 2700 California Ave. SW  
High Point ..... 6920 – 34th Ave. SW  
South Park CC ..... 8319 – 8th Ave. S.  
Southwest CC ..... 2801 SW Thistle St.

## Senior Fitness

### FITNESS FOR LIFE \$18-1 day wk/\$36-2 days

A head to toe workout using dyna bands, sticks, weights - bring small weights to class.

Mon / Wed	10:00-11:00 am	Alki
Tues	10:00-11:00am	Southwest
Fri	9:30-10:30	Southwest

### VOLLEYBALL

Join other seniors in this fun team sport.

Enough stretching and movement to get a good workout.

Tues	11:00 - 1:00 pm	Hiawatha
Thursday	10:00 - 12 noon	Hiawatha

### PICKLEBALL

Free

Indoor game that is a cross between tennis and ping-pong. A good cardio workout to play at your own level.

Mon / Wed / Fri	10am - 2 pm	Hiawatha
Tues / Thurs	12:30-2:30 pm	Southwest

### PILATES

\$30-10 weeks

An exercise method designed to improve kinesthetic awareness (mind/body connection), increase mental focus, and reduce stress. Benefits can be improved posture, correction of muscle imbalance, and strengthening of core muscles. Bring a mat as almost all work is done on the floor. (Class is modified for seniors) Instructor: Zita Machiya

Thursdays	6:30-7:30 pm	Southwest
-----------	--------------	-----------

### HATHA YOGA

\$20-5 weeks

Release tension and stiffness as you tone, strengthen, and relax. Gentle stretching and movement with awareness, correct alignment, and deep breathing. Enhance your flexibility and range of motion. Class held Fridays, 10:30-11:30 am at Southwest Community Center.

Session #1 January 2 - January 30

Session #2 February 6 - March 5

### BASKETBALL



Free

Dig out those tennis shoes and get back on the court to practice moves from your high school/college days.

Sundays	12:00-1:00 pm	Hiawatha
---------	---------------	----------

## Dancing

### LINE DANCE

\$18.00/quarter

The music moves you, and no partner is needed! What a pleasurable way to get the benefits of exercise.

Mondays	10:00-11:00 am	Southwest
---------	----------------	-----------

### TAP DANCE

\$60.00 / 8 weeks

All levels of tappers are welcome. If you don't have tap shoes, wear hard soled shoes. Instructor: Susan Wright

**Call 684-7423 to pre-register.**

Tuesdays	6:45-7:45 pm	Delridge
----------	--------------	----------

## Cooperative Events

The following events are done in cooperation with the West Seattle Senior Center. Cost: \$12.00 each event.

January 22	5:30 pm	Cabaret Dinner
------------	---------	----------------

February 24	5:30 pm	Mardis Gras
-------------	---------	-------------

## Bridge

### BRIDGE

Free

A drop-in program for this popular card game for experienced players.

Wed (experienced)	10:30am – 3:00 pm	Southwest
-------------------	-------------------	-----------

# South West

## Crafts

### SEWING / QUILTING / FABRICS

Free

An enthusiastic group of sewers is looking for more people to join them. Non seniors, men, beginners, give it a try! Let your creative side out.

Mondays 10:00am-12 noon Southwest

### MOSAIC MIRROR

\$45.00

Decorate a mirror with colorful tile chips, marbles, personal memorabilia. Lots of unique handmade tiles and 12 colors of grout available. Everything you need is provided, including apron, gloves and comprehensive handout, which includes supply sources for this wonderful art form. *Please pre-register.*

February 28 10:00am-4:00 pm Southwest

## Book Clubs

### SOUTHWEST BOOK CLUB

The Seattle Public Library provides books to our groups free of charge. We read the book and in one month meet as a group for discussion. Please call Mary, 684-4115, if you need further information. Meets at 1:00 pm the 3rd Thursday each month at the SW Library.

### ALKI BOOK CLUB

Free

Meets 1st Wednesday of each month at Tully's on Alki starting at 11:15 am. Call Mary for books, directions, etc., 684-4115.

## Computers

### COMPUTER CLASS

Free

Westwood Heights computer lab is open to the public. To register, call 932-6942, ext. 16. The following classes are offered:

#### Jump Start to Internet - Beginners

Mon/Wed 10:00-11:00 am

#### Fill In Your Knowledge Gaps:

Tues/Thurs 2:00-3:00pm

#### Digital Camera/Photo Class:

Wed / 2:00-3:30 Fri / 11:00-12:30 pm

#### Open Access:

Your own time to check e-mails, cruise the web, make greeting cards, type letters, on-line banking, etc.

Mon/ 11:30 am - 4:00 pm

Tues 9:00-11:00 am and 5:00-8:00 pm

Wed/Fri/Sat 11:00 am - 4:00 pm

Thurs 3:00-4:00 pm & 5:00-8:00 pm

To register, call 932-6942, ext 16

## Special Events

### 20's STYLE-SHOW / TEA

Free

Jacie Scott presents her costumes and hats show. Wearing of your own hats and gloves are optional, but would be fun! Bring your own teacups. *Please pre-register BY March 8.*

March 19 12:00 noon Southwest

### GUEST CHEF

\$6.00

Walter Hanson, our musical memory man is also quite the cook! He will feature his delicious tamale pie, as well as side dishes. *Please pre-register by February 16.*

February 26 10:00-12 noon Southwest

### LONG TERM CARE & END OF LIFE PLANNING

Free

The quality of our later years depends on how well we planned in advance. It's important to think about health care, long term care, and end of life issues. Senior Rights assistance will provide information on medicare-covered services and non-covered services. The end of life planning will include power of attorney, guardianship, and estate planning. Presenters: Jean Mathisen, Program Manager, and Allison Feher, Legal Director. *Please register for Alki by January 19th and for Southwest by March 1st.*

January 28 11:15-12:15 pm Alki  
March 9 1:00-2:00 pm Southwest

### A WOMAN'S JOURNEY TO AFRICA

Free

A travelogue on the trip of a lifetime to the Democratic Republic of the Congo in Africa. Learn about the place and the people from one of a team of women who traveled to the Congo in June 2003. Photo's and video included in the presentation. Discussion lead by Lynn Simpson. *Please pre-register by February 6.*

February 20 1:00-2:30 pm Southwest

### SELF DEFENSE OPTIONS

\$2.00

Physical self-defense instruction, practical applications, confrontation scenarios, and verbal interaction to show there are options. Instructor: Susan Mix.

*Please pre-register by February 17.*

February 25 11:15-12:15 pm Alki

### HARMONICA LESSONS

\$18.00/4 weeks

Beginners class to get familiar, learn to play scales, standards in a fun, jam session style. Bring a "marine band" style harmonica in key of C. Minimum of 6 students needed. Instructor: Joe Ross. *Please pre-register by January 20.*

Tues, Feb 3-24 1:00 - 2:00 pm Southwest

# South West Trips

## SW TRIP REGISTRATION INFORMATION

**\*PAYMENT must be received 5 working days PRIOR to departure.**

### **\*MAKE CHECKS PAYABLE TO:**

Senior Adult Advisory Council

**\*MAIL CHECKS TO:** Senior Programs, Att: Mary,  
2801 SW Thistle, Seattle - 98126

**NOTE:** Trip times/costs/destinations are subject to change.

**Trip Registration:** Register by calling 684-4115 on the date and time listed under each trip.

### **PICK-UP SITES:**

Southwest CC (SWCC).....2801 SW Thistle

Hiawatha (HCC) ..... South parking lot  
..... of Safeway on California Ave. SW  
**Please don't park in the Safeway Parking Lot**

## TEA & TIME

**\$3.50**

Sip a wonderful cup of tea at the Queen Mary Tea House and then off for time to shop the new stores at the University Village. Tea and lunch on your own.

**Registration begins January 27, 9 am.**

February 12 10:00 -3:00 pm

## COUNTRY CRAFTS SHOW

**\$6.50**

Home and gift show in Snohomish. Shop for fresh bouquet of florals, home furnishings, gourmet foods, and garments from 105 northwest crafters. **Registration**

**begins February 3, 9 am.**

February 21 9:30-3:00pm

## SEATTLE REP

**\$17.00**

"The Time of Your Life". Stories of characters forgotten dreams and un-lived lives overlap and meld to create a sweetly elegiac panorama of the final days of the Great Depression. Juke box music from the 30's punctuated by live honky-tonk piano. No lunch stop. **Registration**

**begins February 17, 9:00 am.**

March 3 12:45-4:30 pm

## **Registrations Begin As Listed**

### MUSEUMS

University House, Frye Art, and the Nordic Heritage Museum will be our stops on this trip. The museum fee at Nordic is on your own, as well as a lunch stop. **Registration begins January 6, 9:00 am.**

January 15 9:30-3:00 pm



**\$5.50**

### MALTBY CAFÉ / TWO TARTES

Lunch at the old Maltby school, now a café, with a dessert stop at the much written about Two Tartes in Georgetown. Lunch and dessert on your own. **Registration begins January 13, 9:00 am.**

January 29 11:00 -3:30 pm



**\$6.50**

### TEMPLES & TOMBS

**\$2.50**

Discussion on the art and archaeology of the Liao dynasty of China (907-1125) with focus on the ways in which the Liao viewed sculptures of the Buddha and burials of devout Buddhists. This program will be at the Seattel Asian Art Museum. **Registration begins January 20, 9 am.**

February 6 10:15-1:30 pm

## ADMIRALTY HEAD LIGHTHOUSE

**\$9.50**

Ferry to Whidbey Island and tour this Spanish style lighthouse with the addition of a tour of Fort Casey.

Donation requested at the lighthouse.

Lunch on your own, ferry fee included in trip fee.

**Registration begins February 24, 9 am.**

March 11 8:00-6:00 pm



## ***SEE CITYWIDE PAGE FOR MORE ....***

January 13..... Performing Arts Planning  
February 15..... Bocce Day Of Fun  
February 21..... Chess Tournament  
February 25..... NW Chamber Orchestra  
Once A Month.....Cooking Demonstrations  
Advance Notice ..... Greater Seattle Senior Games

# Central East

Please pre-register for all of these programs by calling 233-7255 to ensure their success!

## REGISTRATION INFORMATION CLASSES / SPECIAL EVENTS 206-233-7255

Recreation Specialist-Clothilde Bakari  
Recreation Specialist- Cheryl Brown

**Winter Quarter Dates:** January 5 – March 19

**No Program: January 19, February 16**

**Make-Ups:** We encourage you to make up cancelled classes at any other site in the city. Please inform the instructor you're making up the class.

**Class Registration begins December 22.** Please use the **Registration Form** on the back page of this brochure. Class dates/times are subject to change.

**Mail class payments to: Sr. Adult Programs,  
ATT: Clothilde / Cheryl, 8061 Densmore Ave N  
Seattle, WA 98103.** Make checks payable to 'SAAC''

### Central East Division Sites

Garfield CC ..... 2323 East Cherry  
Miller CC ..... 330 -19th Ave. E.  
Montlake CC ..... 1618 E. Calhoun  
Yesler CC ..... 835 Yesler Way

## Aerobics/Fitness

### FITNESS FOR LIFE \$18.00- 1 day week

Put a swing in your step and a song in your heart with our low-impact aerobics class taught by a certified instructor!  
Instructor: Carol Lorenz

Mondays 10:30 – 11:30 am Garfield  
Wednesdays 10:30 – 11:30 am Garfield

### WELLNESS THROUGH CHAIR-ROBICS Free

For anyone who is not active now but would like to be. By exercising in chairs, the class builds strength and enhances your level of health. Volunteer Instructor: Tara Bernstein (Class is offered thru the Country Dr. Community Clinic.)  
**Call Nancy, 299-1619, to register.**

Tuesdays 1:30 – 2:30 pm Miller

### GENTLE YOGA FOR SENIORS\* Free

Learn different postures (asanas), and do mat and breath work. We're open to individual and specific requests. All equipment provided. Volunteer Certified Yoga Instructors: Beverly and Paul. \*See Miller Community Center brochure for more classes.

Tuesdays 12:15-1:15pm Miller  
Wednesdays 1:15 – 2:15 pm Miller

### COME TO THE CASBAH \$18.00

**(Middle Eastern Movement)** Enjoy a slow, luxurious stretch, then an intro to Mid-Eastern style movement. Learn steps to Mid-Eastern music, explore costumes and culture, and a potluck to finish! Instructor: Eli Dobrev  
Thursdays 10:00 – 11:00 am Garfield

### TAI CHI Free

Learn slow and gentle meditative exercises that are good for hypertension, stress, weight loss, and other health problems. Improve concentration and focus.  
Instructor: Maik Tow  
Thursdays 10:30 – 11:45 am Miller

### MEDGAR EVERS SENIOR SWIM CLASSES

For senior swimming times and prices, please call the pool for information and to pre-register:  
Medgar Evers Pool..... 684-4766 500 – 23rd Ave.

## Walking Club & Walks

### STEPPIN' THROUGH SEATTLE Free

Explore our local parks in this fun walking/fitness program. Be prepared for wet or muddy trails with appropriate footwear. All walking levels welcome! *Transportation provided! Registration is limited so sign up early by calling 233-7255!*

**Time: 10:00 am - 1:00 pm**

**Van Pick Up: Yesler 9:30 am Garfield 9:45 am**

**Dates: Tuesdays, Jan 13 & 27, Feb. 10 & 24, Mar. 9**

### SOUND STEPS Free

Join in the fun and fitness of this great group of walkers! We started something great over the summer and don't want to quit now! All levels of walkers ages 50+ welcome. Please call in advance for walk locations. Led by volunteer leaders.

Thursdays 9:30–11:00 am Garfield

## Cards & Board Games

### BRIDGE Free

It's in the cards!  
Time to bridge the gap and have fun!  
Just drop in to play!  
Fridays 1:00-4:00 pm



Miller

### CARDS AND BOARD GAMES Free

You won't get "board" - join in the fun! Call 233-7255 so we can get our group started.  
Wednesdays 12–1:30 Montlake

## Arts & Crafts

### LET THERE BE LIGHT \$5.00

Learn to put a hanging lamp together, from making your own shade to assembling the electric components.

Includes a trip to Home Depot where you will purchase parts, cost \$20-\$35. Instructor: Eli Dobrev

Thurs, Jan 15 - 29 12:30 - 2:30 pm Garfield

### ART BROACH \$6.00

Bring in those broken earrings, that favorite button and other small found objects that you can assemble into an artful broach to wear and love! Instructor: Eli Dobrev

Thurs, Feb 5 12:30-2:30 pm Garfield

### BOB'S FISH \$5.00

Combine stamping, watercolor and embossing techniques to make these beautiful fish prints that are suitable for hanging! Instructor: Eli Dobrev

Thurs, Feb 12 12:30-2:30 pm Garfield

### FELTING \$5.00

Learn this age-old technique of fabric making to construct your own potholder and fun decorations.

Thurs, Feb. 19 12:30-2:30 pm Garfield

### NOSTALGIC VALENTINE'S CARDS \$2.00

Rubber stamping, embossing, glitter, sequins, doilies and ribbons give hand made valentines old fashioned flair.

Wed, Feb. 4 1:00-2:30 pm Miller

### VALENTINE GIFT BAGS \$2.00

These clever, decorative bags are perfect for your home baked Valentine cookies and candies!

Wed, Feb. 11 2:00-3:30 pm Miller

### MOSAIC MIRROR \$6.00

Make a beautiful mosaic mirror to hang in your home or garden. Bring in any broken dishes tiles or found objects that you would like to incorporate!

Tues, Feb. 17 & Mar. 2 11 am - 12:30 pm Garfield

### WATERCOLOR \$60.00/quarter

Don't miss this GREAT creative class! Some supplies required. Instructor: Jan Morris

Wednesdays 2:00 - 4:00 pm Montlake

## Writing & Book Club

### FIVE WISHES \$6.00

Take this chance to write out your last wishes, words to loved ones and cherished memories in this document which can go legally hand-in-hand with your will.

Includes the opportunity to establish long term care and hospitalization issues. *A must for every adult.*

Jan. 22 1:00-2:30 pm Garfield

### A NOVEL IDEA

Free

Join our on-going book club at any time. Lively discussions on great books. The Seattle Public Library provides books to our group for free. Meets 3rd Thurs. each month at 11:00 am.

Douglass Truth Library

2300 E. Yesler Way

## Special Programs

### TEA & TRAVEL \$2.00 each session

Save the expensive airfare and go armchair traveling with Don McCort. Enjoy an exciting slide show, talk, tea and treats from the featured country. Wednesdays

Jan. 21 1 pm Greece Miller

Feb. 25 1 pm Czech Republic Garfield

Mar. 17 1 pm Ireland Miller

### BINGO Free

Play for prizes and fun! Bring a new 'white elephant' to add to our prizes if you wish! Play is on Wednesdays.

Jan. 14, Feb 4, Mar. 3 12:30 - 2:00 pm Yesler

### MUNCH & MOVIE Free!

Join us for lunch and a movie! No need to pay for the big screen! We have it all right here!

Wednesdays 11:30 - 2:00 pm

Jan. 28.....*The Rookie*

Feb. 11.....*You've Got Mail*

Mar. 10.....*The Mummy*

### SPAGHETTI FEED Free

Intergenerational event. Bring a dessert to share and join in the fun!

Feb. 18 2 - 4 pm



Miller

## Opportunities for Learning

### BASIC COMPUTERS FOR SENIORS Free

Seniors Training Seniors in computer basics sponsored by the Mayor's Office for Senior Citizens. Call to pre-register! Class meets Tuesday and Thursday, 4 sessions.

Jan. 6 - 15 12:30 - 3 pm

Feb. 3 - 12 12:30 - 3 pm

Mar. 2 - 11 12:30 - 3 pm

To register call: Yesler: 386-1245 / Garfield: 684-4788

### DIABETES EDUCATION Free

Learn how to live with diabetes. Diet tips, medication updates and more. A great time to get any questions you have answered by the experts.

Wed, Jan. 28 1:00-3:00 pm

Miller

## Cooking

### CHOCOLATE TRUFFLES \$10.00

A chocolate lovers dream! Learn to make these decadent treats with many flavor possibilities. Just in time for valentines day! Instructor: Cheryl Brown

Tues, Feb 3 10:30-12:30 pm Garfield

# Central West / Central East Trips

## CW - CE Trip Registration:

**Trip registrations begin at 8:00 am on the date listed by calling 206-684-4240.** You may sign up yourself and one other person. Trip dates, times, and destinations are subject to change. When you call, leave your name, phone number, name of trip, and pick up site. **You will ONLY be called back if you are on the wait list.** **Do Not Use "Mail-In" Registration Form, Phone In Only.**

### **Trip Payments:**

Make checks payable to: 'SAAC', mail to: **Sr. Adult Programs, ATT: Tim, 1901 – 1st Ave. W., Seattle, WA 98119.** **All payments must be received 5 working days prior to departure.**

### **Pick-up Sites:**

**Miller CC**..... 330 19 Ave. E.  
(Pick-up 1 hour before time listed)  
**Garfield CC**..... 2323 E. Cherry  
(Pick-up 45 minutes before time listed.)  
**Magnolia CC** - ..... 2550-34th Ave. W.  
(Pick-up 20 minutes before time listed.)  
**Queen Anne CC**..... 1901-1st Ave. W.  
(Pick-up at the time listed.)

## **REGISTER - 8:00 AM ON DATE LISTED**

### **BY CALLING 206-684-4240**

### **Leave Your Name, Phone # and Pick-Up Site**

#### **NORTHWEST NATIVE**



**\$8.00**

Join us on an early morning trek to Rockport where we'll view bald eagles in their peak season, then swing over to Mt. Vernon area for lunch, on your own, then search for snow geese. Dress for the weather!

Jan. 16                      8:00-2:00 pm                      **REG: Jan 5**

#### **TACOMA MUSEUM TRIATHALON**                      **\$7.50**

Your chance to see the new Tacoma Art Museum, Chihuli Glass Museum or WA State History Museum. Easy access to all museums, plenty of restaurants in the area. We will provide you with a map and admission price list for all museum locations. You are responsible for your own admission fees and lunch.

Jan. 23                      9:00am-5:00pm                      **REG: Jan. 12**

#### **A TASTE OF SWEDEN**                      **\$6.50**

If you haven't been to Ikea to check out their beautiful store and yummy Swedish meatballs, you're in for a treat! Ikea features anything for the home from A-Z - great prices and lots of fun with a tasty cafeteria.

Jan. 30                      11:00-4:00 pm                      **REG: Jan. 20**

#### **MYSTERY DINNER TRIP**                      **\$20.00**

Are you hungry for a surprise? Re-live the days of the traditional family dinner. The trip fee includes cost of meal, all you need to bring is your appetite and a few dollars for the tip.

Feb. 6                      4:00pm-7:30pm                      **REG: Jan. 26**

#### **WONDERFUL WOODINVILLE**                      **\$6.50**

What's up in Woodinville? Molbak's nursery, antique shops, great lunch places and more! Join us and explore!

Feb. 20                      11:00-4:00pm                      **REG: Feb.9**

#### **PLACES OF WORSHIP**                      **\$5.50**

We will make stops and tour a few different places of worship all from different denominations right here in town. Plus, we will pick a nice restaurant for lunch, on your own.

Feb. 27                      9:00am-5:00pm                      **REG: Feb. 17**

#### **TODAI SEAFOOD BAR**                      **See Description**

Let's have lunch at the newly opened location of this upscale "all you can eat" seafood buffet and a 15 foot gourmet dessert bar in Pacific Place, then head to Barnes & Noble Bookstore to browse. Bring \$12.95 for lunch plus \$ for tax and tip. (Do not mail check). **No transportation provided.** A staff person will meet you in front of the restaurant at 11:30 am.

March 3                      11:30am-3:30pm                      **REG: Feb 24**

#### **DESTINATION: LaConnor**                      **\$8.00**

We've been here for the tulip festival and crab feed - now let's take time to explore this quaint town's museums, shops, and historical venues. A tour of the Skagit County Historical Museum and the LaConner Quilt Museum..

March 5                      10:00am-4:00pm                      **REG: Feb 23**

#### **WINE & BEER TASTING TRIP**                      **\$8.50**

This will be a continuation of the winery trip we took last spring. We will visit different wineries or breweries from the first trip so you can expect to have a very different experience. As always, we will stop for a nice lunch, on your own.

March 12                      10:00am-6:00pm                      **REG. Mar. 1**

## ***SEE CITYWIDE PAGE FOR MORE ....***

**January 13**..... Performing Arts Planning  
**February 15**..... Bocce Day Of Fun  
**February 21**..... Chess Tournament  
**February 25**..... NW Chamber Orchestra  
**Once A Month**..... Cooking Demonstrations  
**Advance Notice** ..... Greater Seattle Senior Games

# Central West

## REGISTRATION INFORMATION

### CLASSES / SPECIAL EVENTS

Recreation Specialist -Tim Pretare

206-684-4240

e-mail – tim.pretare@seattle.gov

**Winter Quarter Dates:** January 5 – March 19

**No Programs:** January 19, February 16

**Make-Ups:** We encourage you to make up canceled classes at any other site in the city. Please inform the instructor you're making up the class.

**Class Registration begins Dec. 22.** Please use the **Registration Form** on the back page of this brochure. Class dates/times are subject to change.

**Mail class payments to: Sr. Adult Programs,  
ATT: Tim, 1901 - 1 Ave. W, Seattle, WA 98119.**  
Make checks payable to 'SAAC'

#### Central West Division Sites

Queen Anne CC..... 1901 –1st Ave. W.

Queen Anne Pool.....1920 – 1st Ave. W.

Magnolia CC .....2550 - 34th Ave. W.

Langston Hughes CAC..... 104 - 17 Ave. S.

Discovery Park ..... 3801 W. Government Way

**ALL CLASSES 1 HOUR UNLESS NOTED**

## Aerobics & Fitness

### SENIOR AEROBICS \$18-1 day week

Time to re-energize and feel better. Certified instructors teach our low impact aerobic classes.

M. Huber Mon. 9:30am Queen Anne

M. Huber Wed. 9:30am Queen Anne

J. Shearer Fri. 9:00am Queen Anne

### P.A.C.E. \$22.00

P.A.C.E = People with Arthritis Can Exercise Pace is a program designed specifically for people with arthritis.

T. Pretare Wed. 10:00am Queen Anne

### CIRCUIT TRAINING \$27-1 day week

14 training stations to improve skill, strength, and knowledge using weight machines. (Class limited to 14 people, first come first serve.)

A. Allen Tue. 9-10:15am Queen Anne

A. Allen Thurs. 9-10:15am Queen Anne

### YOGA & MEDITATION \$22.00

Gentle stretching to keep limber and build muscles. All skill and fitness levels, wear Comfortable clothes.

H. Smith Thur. 11:00 am Queen Anne

### LINE DANCE \$27.00

Get out on that dance floor and move to the music! No experience or partner necessary.

J. McGill Tues. 7:00 – 8:30 pm Magnolia

### DROP-IN PICKLEBALL \$2.00 building fee @ Q.A.

Continue to exercise and improve your skills by teaming up with other players – fun and challenging.

M./Wed. 11:30-1:00pm Queen Anne

Mon./Thurs. 11:30-2:00pm Magnolia

## Walking Club & Walks

### DISCOVER WALKING \$5.00

Walk of the 2.8 mile Discovery Park Loop Trail. *Meet at the Visitor Center or call for ride; 206-684-4240.*

Tuesdays 10:00 am – 12 noon Discovery Park

**Twice a quarter we take a FIELD TRIP on the following dates to the parks listed:**

Tues., Jan. 20 10:00 am Seward Park

Tues., Feb. 17 10:00 am Alki Beach

## Free Blood Pressure Checks

No Appointment necessary, located in the Senior Adult Social Room.

Wednesdays 1:00 pm Queen Anne

## Cards & Games

### INTERMEDIATE BRIDGE \$30.00 INSTRUCTION

You are starting to understand those fundamentals, now let's take it a step further. Instructor: George Weaver

Fridays 10:30-12:30 pm Queen Anne

### BINGO \$2.00 building fee

Bingo Bug! Have you caught it? Come and play with us every week. Try your luck and you may win a prize.

Thurs. 10:00 am Queen Anne

### OPEN BRIDGE Free

Weekly games for experienced players. Call Dean and Nancy McPhaden, 282-8331, to sign up for a 4-some.

**No bridge the last Mon. of the month 1/26, 2/23, 3/29.**

Mon. 2:00-4:00 pm Queen Anne

### OPEN BRIDGE Free

Weekly games for experienced players. All participants must register with the Parks Department representative.

Wednesdays 9:00 am – 2:00 pm Magnolia

Thursdays 8:00 am – 2:00 pm Magnolia

# Central West

## Lunch Program

### MONDAY MEALS \$3.00 per person

Mon. Jan. 26 to Mar. 15      12–1:00 pm      Queen Anne  
*No lunch on Jan. 19, or Feb. 16.*

Now serving nutritious meals every Monday. First come first serve, please make reservations (required) at the Community Center, menu available in advance by request, suggestions accepted.

Please call Tim at 206-684-4240 for complete details.

**Donations needed:** If you have any of the following items in good condition, and are not using any longer; you can donate them to Tim Pretare at the Queen Anne Community Center 1901 1 Ave. W. Seattle

Measuring Cups	Measuring Spoons
Paring Knives	Wire Whisk
Vegetable Peeler	Can Opener
Water Pitcher	Soup Pot

## Creative Arts

### CRAFTY LADIES Free

Drop in to work on your own project or learn a new craft, socialize and make new friends. Sewing machines, supplies are available.

Thursdays      2:00-3:30 pm      Queen Anne

### WATERCOLOR PAINTING \$60.00 /quarter

Bring your paints, brushes and joy of painting. A demonstration after each lesson with lots of guidance. All skill levels welcome.

S. Kahler	Mon. 9:15 – 11:30 am	Magnolia
J. Dodds	Wed. 10:00 – 12 noon	Queen Anne

## Books

### DESSERT & DISCUSSIONS Free

Gather to discuss books and enjoy some treats. Held the last Monday of the month. Book titles to be announced.  
1/26, 2/23, 3/29      1:30–2:30 pm      Queen Anne

### BOOKMOBILE BOOKS Free

The Seattle Public Library brings new books each month. Check one out today.      Queen Anne

### BOOK EXCHANGE + SEATTLE TIMES Free

We offer comfortable couches and reading area for the daily Seattle Times and our book exchange. Stop by and browse through the book shelves, borrow a book or bring a book to trade in.

## Specials

Please call Tim at 206-684-4240 to reserve your space for the following Special Events.

### PANCAKE BREAKFAST FUNDRAISER \$5.00

Start your day off right with pancakes and syrup, ham, coffee and juice. Money raised will help support the weekly lunch program.

Monday Jan. 12      9:00 – 11:00 am      Queen Anne

### EAST AFRICA PHOTO SAFARI \*FREE

Local photographer John Jacobs spent last summer photographing animals in the game preserves of Kenya, in East Africa. This slide show presents the 150 best pictures from among the 6000 that he took. Subjects range from rhino to a herd of wildebeest; cute cheetah and lion cubs to hairy, bumpy warthogs; bull elephants to tiny songbirds; and a few landscapes and sunrises for good measure.

Mon, Feb. 9      10:00–11:30 am      Queen Anne

### FINANCIAL WORKSHOP \*FREE

How to make 6.5% interest – tax free – from your investment; join George Andrade as he explains how.

Mon., March 1      11:30 am      Queen Anne

### HEART DISEASE LECTURE \*FREE

Dr. Damon McBrinn continues his health education series. This quarter the topic is heart disease; learn what factors put you at risk and what you can do to help keep your arteries clean. Please call to reserve your seat.

Mon., March 8      11:00 am      Queen Anne

### TRAVELOGUE \$2.00 each

Don McCort's continuing travel tales, please join us for: Thailand #2 (Jan.), Bavaria (Feb.) and Turkey (Mar.)

Mon., Jan., 26	11:00 am	Queen Anne
Mon., Feb., 23	11:00 am	Queen Anne
Mon., Mar., 15	11:00 am	Queen Anne

### LAUGHTER EXPERIENCE Free

Learn and enjoy the immense health benefits of laughter through a series of laughter / deep-breathing exercises.

Tuesdays      1:00 pm      Queen Anne

### MID-WEEK MOVIE Free

Drop by to see a new release, classic, romance, comedy or your choice, every week.

Wednesdays      1:15 pm      Queen Anne

**\*FREE special events starting before 1:00 pm require a \$2 building entry fee, payable at the Queen Anne CC front desk.**



# Central West - Central East Trips

## CW - CE Trip Registration:

**Trip registrations begin at 8:00 am on the date listed by calling 206-684-4240.** You may sign up yourself and one other person. Trip dates, times, and destinations are subject to change. When you call, leave your name, phone number, name of trip, and pick up site. **You will ONLY be called back if you are on the wait list.** **Do Not Use "Mail-In" Registration Form, Phone In Only.**

### **Trip Payments:**

Make checks payable to: 'SAAC', mail to: **Sr. Adult Programs, ATT: Tim, 1901 – 1st Ave. W., Seattle, WA 98119.** **All payments must be received 5 working days prior to departure.**

### **Pick-up Sites:**

**Miller CC**..... 330 19 Ave. E.  
(Pick-up 1 hour before time listed)  
**Garfield CC**..... 2323 E. Cherry  
(Pick-up 45 minutes before time listed.)  
**Magnolia CC** - ..... 2550-34th Ave. W.  
(Pick-up 20 minutes before time listed.)  
**Queen Anne CC**..... 1901-1st Ave. W.  
(Pick-up at the time listed.)

## **REGISTER - 8:00 AM ON DATE LISTED**

### **BY CALLING 206-684-4240**

### **Leave Your Name, Phone # and Pick-Up Site**

#### **NORTHWEST NATIVE**



**\$8.00**

Join us on an early morning trek to Rockport where we'll view bald eagles in their peak season, then swing over to Mt. Vernon area for lunch, on your own, then search for snow geese. Dress for the weather!

Jan. 16                      8:00-2:00 pm                      **REG: Jan 5**

#### **TACOMA MUSEUM TRIATHALON**                      **\$7.50**

Your chance to see the new Tacoma Art Museum, Chihuli Glass Museum or WA State History Museum. Easy access to all museums, plenty of restaurants in the area. We will provide you with a map and admission price list for all museum locations. You are responsible for your own admission fees and lunch.

Jan. 23                      9:00am-5:00pm                      **REG: Jan. 12**

#### **A TASTE OF SWEDEN**                      **\$6.50**

If you haven't been to Ikea to check out their beautiful store and yummy Swedish meatballs, you're in for a treat! Ikea features anything for the home from A-Z - great prices and lots of fun with a tasty cafeteria.

Jan. 30                      11:00-4:00 pm                      **REG: Jan. 20**

#### **MYSTERY DINNER TRIP**                      **\$20.00**

Are you hungry for a surprise? Re-live the days of the traditional family dinner. The trip fee includes cost of meal, all you need to bring is your appetite and a few dollars for the tip.

Feb. 6                      4:00pm-7:30pm                      **REG: Jan. 26**

#### **WONDERFUL WOODINVILLE**                      **\$6.50**

What's up in Woodinville? Molbak's nursery, antique shops, great lunch places and more! Join us and explore!

Feb. 20                      11:00-4:00pm                      **REG: Feb.9**

#### **PLACES OF WORSHIP**                      **\$5.50**

We will make stops and tour a few different places of worship all from different denominations right here in town. Plus, we will pick a nice restaurant for lunch, on your own.

Feb. 27                      9:00am-5:00pm                      **REG: Feb. 17**

#### **TODAI SEAFOOD BAR**                      **See Description**

Let's have lunch at the newly opened location of this upscale "all you can eat" seafood buffet and a 15 foot gourmet dessert bar in Pacific Place, then head to Barnes & Noble Bookstore to browse. Bring \$12.95 for lunch plus \$ for tax and tip. (Do not mail check). **No transportation provided.** A staff person will meet you in front of the restaurant at 11:30 am.

March 3                      11:30am-3:30pm                      **REG: Feb 24**

#### **DESTINATION: LaConnor**                      **\$8.00**

We've been here for the tulip festival and crab feed - now let's take time to explore this quaint town's museums, shops, and historical venues. A tour of the Skagit County Historical Museum and the LaConner Quilt Museum..

March 5                      10:00am-4:00pm                      **REG: Feb 23**

#### **WINE & BEER TASTING TRIP**                      **\$8.50**

This will be a continuation of the winery trip we took last spring. We will visit different wineries or breweries from the first trip so you can expect to have a very different experience. As always, we will stop for a nice lunch, on your own.

March 12                      10:00am-6:00pm                      **REG. Mar. 1**

## ***SEE CITYWIDE PAGE FOR MORE ....***

January 13..... Performing Arts Planning  
February 15..... Bocce Day Of Fun  
February 21..... Chess Tournament  
February 25..... NW Chamber Orchestra  
Once A Month.....Cooking Demonstrations  
Advance Notice ..... Greater Seattle Senior Games

# North East Sector

## N.E. REGISTRATION INFORMATION CLASSES / SPECIAL EVENTS

Jayla McGill, Recreation Specialist  
(206) 386-9106

**Winter Quarter Dates:** January 6-March 21 (11 wks)

**No Classes:** January 20, February 17

**Make-Ups:** We encourage you to make up cancelled or holiday-missed classes at any other site in the city.

Please inform the instructor you're making up the class.

**NE Class Registration:** "All" class/workshop registrations will take place by phone, or mail, using the form in this brochure. State the site/class/date you are paying for with your check. **Do NOT register for trips by mail – they're "Phone-In" only.** Also, please **phone-in cooking and floral design class registrations.** Class and trip dates/times are subject to change.

**All Class Payments:** Checks payable to: "SAAC", and mail to: Senior Adult Programs, Att: Jayla, 8061 Densmore Ave. North - 98103. **NOTE:** "Session Fee" covers the cost of 1 day per week for the quarter.

### N.E. Sector Sites:

Green Lake CC ..... 7201 E Green Lk. Dr. N  
Laurelhurst CC.....4554 NE 41st Street  
Meadowbrook CC..... 10517 – 35th Ave. NE  
Ravenna-Eckstein CC.....6535 Ravenna "Ave". NE

### SENIOR AEROBICS \$18-1 day week

Put a swing in your step and a smile on your face! Join a certified instructor for some dancing and exercise!

J. Shearer Mon 10:15 am Ravenna-Eckstein  
J. Shearer Thurs 9:00 am Laurelhurst

### BODY CONDITIONING \$22-1 day week

Dynabands / free weights for over-all strength conditioning.

P. Cannon Mon 10:00 am Meadowbrook  
C. Lorenz Thurs 10:00 am Meadowbrook  
B. Ode Thurs 10:45 am Green Lake

### PACE \$22/quarter

PACE= People With Arthritis Can Exercise. Designed especially for people with arthritis.

B. Ode Mon 11:00 am Green Lake

### YOGA & MEDITATION \$22-1 day week

Gentle stretching to keep limber and build muscles. All skill/fitness levels.

H. Smith Tues 8:00 am Laurelhurst  
H. Smith Wed 9:00 am Meadowbrook  
H. Smith Fri 9:30 am Meadowbrook

### TAI CHI ( Wu Style ) \$22-1 day week

Fall prevention strategies, improved circulation, slow, gentle, short movements.

J. Proebstel Wed 10:00 am Green Lake  
J. Proebstel Thur (Walk Aids) 11:00 am Green Lake  
J. Proebstel Fri 10:00 am Green Lake

### TAI CHI Kwon Bup (Korean Style) \$22.00/qtr

Focus on the health of the whole person, increasing energy & calming the mind, with an emphasis on healthy joints and movement, achieved through a series of breathing, stretching & strengthening exercises.

**Minimum class size 8.**

S. Mix Tues 11:15 am Ravenna-Eckstein

### PICKLEBALL Free

Enjoy this fun, easy to learn sport. New games must begin at least 10 minutes before the time ends, no later.

Please pre-register by calling 206-386-9106.

Mondays/**Beginning** 11:30-1 pm Ravenna-Eckstein  
Thursdays 10-11:55 am Meadowbrook  
Thursdays/**Beginning** 12:05-2 pm Meadowbrook

### LINE DANCING \$18/quarter

Get out on that dance floor and move to the music! Great for the body & soul! No experience or partner needed.

**Class session begins January 14.**

J. McGill Wed 8:45 am Ravenna-Eckstein



## MEADOWBROOK BOOK CLUB

Meets on the third Thursday of the month to discuss a book provided by the Seattle Public Library. Call Jayla to pre-register: 206-386-9106.

Jan 15, Feb 19, Mar 18 11:00-12:00 pm Meadowbrook



## WORKSHOPS

**Please pre-register by calling 206-386-9106 at least one week ahead. Refreshments provided.**

### IMPROVE YOUR HEARING! Free

Audiologists from Virginia Mason's Listen For Life Center present ways to get the most out of your hearing, including latest technologies.

Jan 28 (Wed) 11:00-12 noon Green Lake

### DOWNSIZING YOUR HOME SETTING Free

"How to downsize your living environment and live to tell about it!" Experts / authors Mimi Handlin & Arline Abrams share their wealth of knowledge with humor.

Feb 11 (Wed) 11:00-12 noon Green Lake

## SPRING PLANNING MEETING

Your input is desired to provide the best possible programming. Bring your ideas for trips, walks, classes, workshops & special events. Refreshments served.

Mar 16 Tues 11:00-12:00 pm Meadowbrook

## MEADOWBROOK COOKING

Join Rosangela to create new, exciting dishes, receive recipes and have lunch. Each class fee is \$10.00.

**Please pre-register by calling 386-9106.**

Wednesdays 10:30-12:30 pm Meadowbrook

### **Fritatas, Omlettes & Stratas! Jan 14**

Perfect Sunday night supper dishes that need no more than a fresh fruit salad to make a meal.

### **Comfort Food The Brazilian Way! Jan 21**

Learn from a native what some Brazilians cook when thinking of comfort food.

### **Cajun & Creole Cooking Jan 28**

Hearty, tasty – Jambalaya, Beer Bread and more.

### **Hands-On Fresh Pasta Feb 4**

It's easy to make and so delicious!

### **Biscotti & More For Your Valentine Feb 11**

Prepare some romantic treats—be sweet to yourself!

### **Fabulous Crepes Feb 18**

The French know all about flavorful dining!

### **Yummy Coconut Feb 25**

From sweets to savory dishes.

### **Exceptional Potluck Dishes Mar 3**

Some imaginative entrees to bring to your event.

### **Sensational Salads Mar 10**

Healthy and appealing.

### **Indian Summer Surprises Mar 17**

Come prepared to be delighted with the offerings!

## ARTS & CRAFTS

### **OIL PAINTING I-\$50 (5 wks) / II \$40 (4 wks)**

Designed to introduce beginners/ intermediate painters.

Previous drawing experience recommended-not required

Minimum class size needed.

S. Pope Mon 1:00-3:00 pm Meadowbrook

**Session I** Jan 5-Feb 9 **Session II** Feb 23- Mar 15

### **WATERCOLOR \$60/quarter**

Calling all artists – past, present & future! If you've always wanted to learn watercolor painting, or have been looking for the opportunity to pick it up again, join our informal, fun group. Bring paint supplies if you have them, or come & learn what to buy.

E. Smith Thurs 12:00-2:00 pm Ravenna-Eckstein

## GAMES

### **CHESS CLUB**

**Free**

Join enthusiasts for a game of strategy and skill.

Fridays 1:00-5:00 pm Green Lake

### **OPEN BRIDGE GROUP**

**Free**

Join us for drop-in party bridge. All levels welcome!

Questions? Call 684-8832.

Thurs 10-1:00 pm Sand Point, 7400 Sand Pt Wy NE

### **INTERMEDIATE BRIDGE \$30/Srs.55+/8 weeks**

Instructor Bob Gerth teaches students to play contract bridge for FUN. Optional time may be available after class. Register by mail only to Laurelhurst CC.

Thursdays 12:30-2:00 pm Laurelhurst

## WALKING CLUB & WALKS

### **WALKING CLUB**

**\$5.00**

Seattle Parks & Recreation and Swedish Medical Center bring you a walking program for all fitness levels; includes two educational programs. Meet once a week to walk around Green Lake, stretching as a group before we set out. All participants set a walking goal and we'll celebrate our success on the final day with a No-Host lunch out. **Program dates: Jan 14 – Feb 18.**

Wed 11:00 am Green Lake

### **Steilacoom Park**

**\$5.50**

Located in Lakewood, south of Tacoma, offering a scenic hiking trail through woods & over hills that yield panoramic views of the Sound. Lunch on your own at a nearby eatery.

Jan 26 (S-bound) 10:00-2:00 pm Reg: Jan 15

### **Tolt / MacDonald Park**

**\$5.50**

Head to Carnation for a scenic easy, level walk followed by lunch on your own at Remlinger Farms.

Mar 15 (N-bound) 10:00-2:00 pm Reg: Mar 4

## MEADOWBROOK SQUARE DANCE

### **SQUARE DANCE**

**\$50-adults / \$25-children**

The Bucks & Does Square Dance Club offers basic lessons for folks ages 8-80. Have fun with your family while you exercise your brain & body. Partners recommended but not required. Dress is casual. Instructor is Dave Knien. **Class held Jan 20-Mar 30 (No class Feb 4, Mar 9)** Contact MJ Steele, 523-9309, for information.

**Register: 684-7522.**

Tuesdays 7:00-9:00 pm Meadowbrook

### TRIP REGISTRATION INFORMATION

*\*PAYMENT must be received 5 working days PRIOR to departure.*

**\*MAKE CHECKS PAYABLE TO: S A A C**

**\*MAIL CHECKS TO:** Senior Programs, Att: Jayla,  
8061 Densmore Ave. N., Seattle - 98103

**Trip Registration:** Register by calling 386-9106 at 8:00 am on the date listed under each trip. You may sign up yourself and one other person. Trip dates, times and destinations are subject to change. When you call, leave your name, phone number, trip name & pick-up site. You'll ONLY be called back if you're on the Wait List. **Don't use "mail-in" form. Phone In Only for Trips.**

#### **PICK-UP SITES:**

Meadowbrook CC ..... 10517-35th NE  
Ravenna-Eckstein CC ..... 6535 Ravenna Ave NE  
Green Lake CC ..... 7201 E. Green Lake Dr. N  
Lower Woodland ..... 55th & Green Lake Way N  
(South of Green Lake Golf Pitch & Putt Course)

**South Bound Trips:** Meadowbrook-leave 30 min,  
Ravenna-Eckstein-15 min, Green Lake-5 min, before  
time listed; Lower Woodland at trip time.

**North Bound Trips:** Lower Woodland-leave 30 min,  
Green Lake-25 min, Ravenna-Eckstein-15 min before  
time listed; Meadowbrook at trip time.

### **Registrations Begin At 8:00 a.m.**

#### **SUZZALLO LIBRARY / BURKE MUSEUM \$5.50**

First explore the "Soul of the University", and after lunch (on your own) we'll have a guided tour of the "Reverent Remembrance" exhibit at the Burke Museum.  
Jan 12 (S-bound) 10:00-4:00 pm **Reg: Dec 30**

#### **RELIGIONS OF THE WORLD \$5.50**

We'll visit a Buddhist Monastery, an Islamic Mosque and a Catholic Church, with guided tours; then lunch (on your own) at a Culinary Arts School.  
Feb 2 (N-bound) 9:30-4:30 pm **Reg: Jan 22**

#### **GLASS ART IN THE NEIGHBORHOOD! \$5.50**

We'll visit two glass-making studios you probably never knew were there, and experience a guided tour by the resident artisans. Lunch on your own.  
Feb 9 (S-bound) 10:00-3:00 pm



**Reg: Jan 29**

#### **I DO! I DO!**

Civic Light Opera's presentation of the charming and intimate story of 50 years of married life, with a delightful score as universal as marriage itself.



**\$3.50**

\$10.00 admission due on trip day.

Feb 22 (Sun) (N-bound) 2:00-5:00 pm **Reg: Jan 8**

#### **LINE DANCE**

**\$3.50**

An hour lesson with a popular local instructor, followed by a potluck lunch, please bring something to share. \$6 lesson fee due on trip date.

Feb. 23 (N-bound) 10:45-1:15 pm **Reg: Feb 5**

#### **CULINARY ARTS FIELD TRIP**

**\$5.00**

Rosangela, our cooking class instructor, guides us through some of her favorite neighborhood bakeries. Then lunch on your own at Gordito's. Limited to 9.

**Van departs Meadowbrook at 10:00 am.**

Mar 1 10:00-2:00 pm **Reg: Feb 19**

#### **MCCAW HALL**

**\$4.00**

We'll take a guided tour of Seattle's newest entertainment venue, located at the Seattle Center. Then lunch on your own.

Mar 8 (S-bound) 10:00-1:00 pm **Reg: Feb 26**

### **SEE CITYWIDE EVENTS PAGE For More**

January 13..... Performing Arts Planning  
February 15..... Bocce Day Of Fun  
February 21..... Chess Tournament  
February 25..... NW Chamber Orchestra  
Once A Month..... Cooking Demonstrations  
Advance Notice ..... Greater Seattle Senior Games

# North West Sector

## REGISTRATION INFORMATION CLASSES / SPECIAL EVENTS

206-233-7138

**Recreation Specialist - Stacie Sheridan**

**Winter Quarter Dates:** January 5 – March 19

**No Programs:** January 19, February 16

**Make-Ups:** We encourage you to make up cancelled classes at any other site in the city. Please inform the instructor you're making up the class.

**Class Registration begins December 22.** Please use the **Registration Form** in this brochure. Class dates/times are subject to change.

**Mail class payments to:** Sr. Adult Programs,  
ATT: Stacie, 8061 Densmore Ave. N, Seattle, WA  
98103. Make checks payable to 'SAAC'

### N.W. DIVISION SITES:

Ballard CC ..... 6020 - 28th Ave NW  
Bitter Lake CC ..... 13035 Linden Ave N  
Loyal Heights CC ..... 2101 NW 77th St

## FITNESS & DANCING

### SENIOR AEROBICS \$18.00–1 day week

Join friendly, low impact aerobics, body strengthening and stretching taught by certified instructors.

S. Sheridan Mon 9:00 - 10am Ballard  
S. Sheridan Thurs 9:00 - 10am Bitter Lake

### SR. BODY CONDITIONING \$22.00

Class is perfect for all fitness levels. Gain strength, greater flexibility, look and feel better. Use dynabands/free weights for strength conditioning.

B. Ode Tues 10:45 - 11:45am Bitter Lake

### ARTHRITIS EXERCISE (PACE) \$22.00

Class includes range of motion, muscle strengthening and endurance exercises, body mechanics, and stretching techniques.

S. Sheridan Tues 9:00 - 10am Ballard

### CIRCUIT TRAINING \$22.00

This class is perfect for all fitness levels. Gain strength, greater flexibility, look and feel better.

B. Ode Tues 9-10 am Loyal Heights  
B. Ode Thurs 9-10 am Loyal Heights  
B. Ode Fri 11-12 noon Loyal Heights

### FITNESS WALKING/STRENGTHENING \$18.00

Class includes walking, stretching, strengthening and fun. All to great music.

S. Sheridan Fri 9:00 – 10:00 am Ballard

### TAI CHI FOR EVERYONE \$25.00

Learn slow, gentle exercises that are good for balance, muscles strengthening and range of motion. This class uses the Yang-style short form.

Karin Collins Wed 10:30-11:45 am Ballard

### YOGA & MEDITATION \$22–1 day week

Practice positions to build strength/flexibility while deepening relaxation to improve daily life.

S. Denison Mon 10:15-11:15 am Loyal Heights

S. Denison Thurs 10:15-11:15 am Bitter Lake

### DROP-IN PICKLEBALL Free

Continue to exercise and improve your skills by teaming up with other players – fun and challenging!

Tuesdays 10:30-12:30 pm Bitter Lake

Tuesdays 11:00-2:00 pm Ballard

Tuesdays 12:30-2:30 pm Loyal Heights

Fridays 12:30-2:30 pm Bitter Lake

### LINE DANCING (Begins Jan. 13 ) \$18.00

Move to the music! NO experience or partner needed.

Great for the body and soul. Instructor: Jayla McGill

Tuesdays 9:00 - 10:00pm Ballard

### BALLROOM DANCING \$2.00

Step out with the Pep Tones during a weekly senior dance. Enjoy good friends, food, and weekly theme.

Thursdays 1:00-3:00 pm Bitter Lake

## WHAT'S COOKING?

Rosangela creates FUN, new and exciting dishes in these sessions. Receive recipes and have lunch. Each class is \$10.00. **Pre-register by calling 233-7138.**

Tuesdays 10:30-12:30 pm Bitter Lake CC

### Great Vegetarian Cooking.....Jan 13

Thick, hearty, exotic, delicious, & healthy dishes.

### Healthy 1 Skillet Dinners .....Jan 27

Just what the doctor ordered but with incredible flavor!

### Low Fat & Lovin' It!.....Feb 3

Recipes packed with flavor, perfect after a long day.

### Hearty Italian Winter Soups.....Feb 17

Thick & hearty, soul-satisfying soups.

### Russian Cuisine.....March 2

Features borscht, potato salad, & other Russian classics.

### World Of Tofu.....March 9

This CAN'T be Tofu! Come and find out the many delicious ways to prepare this nutritious protein source.

### \*Culinary Arts Field Trip .....\$5.00

(SEE TRIP PAGE FOR DESCRIPTION)

## LUNCH CLUBS

Explore the hottest local foods with fun people. Register Jan 5, 8am, 233.7138. Limited capacity. There is automatic 17-20% gratuity on your table's tab. Meet at Ballard CC. 11am. Each trip is \$3.00 paid in advance. Tuesdays. \$=\$10.00

**CARMINE'S** \$\$ *Italian* ..... **Jan 27**

**LYNN'S BISTRO** \$\$ *French/Asian* ..... **Feb 24**

**FISH CLUB** \$\$ *Seafood, Mediterranean* ..... **Mar 16**

**MADCAP MOVIES & LUNCH** **\$5.00 Each**

These 2 films celebrate the golden age of American comedy film., followed by a delicious lunch .

Mondays 10:15 – 1:00pm Ballard

**The Awful Truth** 1937 Comedy about a couple filing for a divorce with the only hitch being who will get custody of their beloved terrier. .... Feb 2

**It Happened One Night** 1934 comedy starring Clark Gable as a hard-bitten reporter who stays close to a runaway heiress (Claudette Colbert) rather than lose a good story. Funny and sexy. March 8

## COMPUTERS

**ALL COMPUTER CLASSES MUST BE REGISTERED VIA MAIL.**

**BASIC COMPUTERS FOR SENIORS** **\$35.00**

All the basic you ever need to know. Pre-register and pay for this class in advance, they fill up fast! .

Instructor: Gayle Rydberg 4 classes Jan. 5 – Jan. 26  
Mons 9:00-10:30am Bitter Lake

**BASIC WORD** **\$35.00**

Learn the basics for writing and editing. 4 classes

Instructor: Gayle Rydberg 4 classes Jan. 5 – Jan. 26  
Mons 10:45-12:15pm Bitter Lake

**BASIC INTERNET** **\$35.00**

What is e-mail? Learn basics of the Internet. Discover how the Internet works. The class includes interactive discussion and hands-on practice. .

Instructor: Gayle Rydberg 4 classes Jan. 6 – Jan. 27  
Tues 9:00-10:30am Bitter Lake

**E-MAIL FOR SENIORS** **\$35.00**

Learn the basics of sending/receiving e-mail, and sign up for a free e-mail account. Class includes interactive discussion and hands-on practice.

Instructor: Gayle Rydberg 4 classes Jan. 5 – Jan. 26  
Tues 10:45-12:15pm Bitter Lake

## CARDS / GAMES / BOOKS /

**INTERMEDIATE BRIDGE INSTRUCTION** **\$30**

Indepth lecture on strategy. Optional playing time after.

ACBL Accredited Instructor George Weaver.

Mondays 10:30-12:30 pm Bitter Lake

**BEGINNERS BRIDGE** **\$30.00**

You've been wanting to learn - here is your opportunity.

ACBL Accredited Instructor George Weaver.

Wednesdays 10:15am – 12:15pm Bitter Lake

**OPEN DROP-IN GAMES**

**Free**

Learn new games and play your old favorites. They'll set you thinking and laughing all the way through..

Tuesdays 10:00-12:00 pm Ballard

Fridays 1:00 – 2:00pm Ballard

**BALLARD BOOK CLUB**

Meet the last Friday of the month at Ballard Library, 5711 - 24<sup>th</sup> Ave NW at 10:30a.m. All are welcome.

**Jan 30:** *The Bird Artist* by Howard Norman

**Feb 27** *Invisible Man* by Ralph Ellison

**Mar 26** *The Autobiography of Miss Jane Pitman* by Ernest Gaines

## ARTS & CRAFTS

**WATERCOLOR PAINTING** **\$60.00 / quarter**

Bring your paints, brushes and joy of painting. A demonstration after each lesson with lots of guidance.

All skill levels welcome.

J. Dodds Mons. 10:15 – 12:15 Bitter Lake

**INTERMEDIATE DRAWING** **\$40.00/quarter**

Pencils / charcoal, we'll focus on perspective, proportions, and importance of composition. Students enjoy short class demonstrations, and critiques from peers.

Instructor: Kathleen McHugh.

Thursdays 10:30-12:30pm Bitter Lake

## SPECIAL EVENTS / WORKSHOPS

**How To Sort & Move A Lifetime Of Belongings And Live To Tell About It** **Free**

Are you considering a move? Does the prospect of sorting and dispersing 50 years worth of belongings make you shudder? Maybe you are just wanting to thin out your belongings. Join us and we'll give you all the support and information you'll need to survive the downsizing process. Register 233-7138.

**Feb 23 (Mon) 10:15-11:15 am Ballard**

**WHAT TO DO WHEN A DEATH OCCURS** **Free**

Memories are gifts we leave our loved ones when we pass away. Learn how to handle your death responsibly and affordably. Refreshments served. Please pre-register by calling 233-7138

Jan 29 (Thurs) 10:15-11:30 am Bitter Lake CC

## SPRING PLANNING MEETING

Your input is wanted to provide the best activities possible. Please bring ideas, newspaper clippings, suggestions for classes, workshops, trips, and more.

Jan 12 (Mon) Walking 10:15-11:15 am Ballard

Jan 12 (Mon) Trips 11:15-12:15 am Ballard

## HELPING HANDS

An opportunity to give back to our wonderful Seattle Parks. Simple, 1 hour, non-strenuous work/socialize. Bring sack lunch. We provide drinks & treat. Register, 233-7138, Dec 23rd, 8:00 am. Name which parks you'll be assisting with. Van pick-up: Ballard. Tuesdays

Jan 13	10:15-1:30pm	Carkeek Park
Feb 17	10:15-1:30pm	Carkeek Park
Mar 2	10-2:00pm	Atlantic St Nursery

## HIKES & WALKS

**Register: call Dec 23, 8am at 233-7138. Walk at your own pace for up to 1 hour & 15 minutes.** Wear all terrain shoes. Please name the walks you'll attend.

Rain or shine! Lunch in local towns, on your own  
Time: 10:15am - 3 pm. **All walks \$5.50-pd in advance.**

Van Pick-Up: Ballard CC \* All Tuesday outings.

**Juanita Bay .....Jan 6**

**Magnuson Park .....Jan 20**

**St. Edwards Park ..... Feb 3**

**Lake Forest Park..... Feb 10**

**May Creek Trail ..... March 9**

## TRIP REGISTRATION INFORMATION

**\*MAKE CHECKS PAYABLE TO: SAAC**

**\*MAIL CHECKS TO:** Senior Programs, Att: Stacie,  
8061 Densmore Ave. N., Seattle, WA. 98103

**Trip Registration:** Register by calling 233-7138 at 8:00 am on the *date* listed under each trip. You may sign up yourself and one other person. Trip dates, times and destinations are subject to change. When you call, leave your name, phone number, name of trip & pick-up site. You'll ONLY be called back if on the Wait List.

*\*Payment must be received 5 working days prior to trip.*

### PICK-UP SITES:

**Ballard CC .....6020-28th NW**

**Bitter Lake CC ..... 13035 Linden Ave. N**

*(\*Bitter Lake please park your car &  
meet on the upper road)*

**Loyal Heights ..... 2101 NW 77th**

**South Bound Trips:** Bitter Lake- leave 30 minutes,  
Loyal H. 15 min before time listed, Ballard time listed.

**North Bound Trips:** Ballard leave 30 minutes early,  
Loyal Heights 15 minutes early. Bitter Lake time listed.

*Vans will only wait 5 minutes, for late people.*

*Registrations Begin at 8am. Please don't call before or  
registration will not count.*

## ALL TRIPS ARE WEDNESDAY UNLESS NOTED

**KNOWING NOAA \$3.50**

National Weather Service is a part of our everyday life. Come and learn about this service and a lot more. Lunch on your own.

Jan 7 (S bound) 10:00-3:30pm **Reg: Dec 29**

## SUZZALO LIBRARY & HENRY GALLERY \$4.00

Feel the presence of light inhabiting a space at this incredible show, then tour the gothic-style Suzzalo Library on your own. Lunch on your own.

Jan 14 (S bound) 10:30-4:30pm **Reg: Dec 22**

## GREAT SCOTS! \$4.50

Celebrate Robbie Burns day by touring the Utilikilt company and the Hector Russell Scottish Imports. The person who wears the most plaid gets the trip for free! Lunch on your own.

Jan 21 (S bound) 9:45-5:30pm **Reg: Dec 30**

## CONCORD 2004 \$4.00

Tour the Museum of Flight and see what about the Concord is all about. Also take in the much talked 2 Tarts Bakery (lunch on your own).

Feb 4 (S-bound) 10:00am-2:00pm **Reg: Jan 6**

## A DELICIOUS DAY \$4.00

Enjoy a delicious early bird Salmon buffet lunch at North Seattle Culinary School, then onto another cupid day event. Please make check, \$13.50, payable to NSCC. Please mail by Jan 27th.

Feb 11 (N-bound) 11:30 -3:00pm **Reg. Jan 20**

## REACHING OUT \$4.00

Tour the Library for the Blind and Lighthouse for the Blind. Lunch on your own. A super trip!

Feb 25 (S-bound) 10:15-3:30pm **Reg. Feb 3**

## REP THEATRE The Time Of Your Life \$14.00

Join the ragtag regulars of Nick's waterfront saloon in San Francisco. Stories of characters' forgotten dreams and un-lived lives in the final days of the Great Depression. 2:00 pm show. Lunch on your own.

Mar 3 (S bound) 11:45-5:00pm **Reg. Feb 10**

## PORT OF SEATTLE \$4.00

In my 8 years of offering trips, this has got to be one of the highest rated tours we've taken. See what there is to see and learn in our beautiful port. Lunch on own.

Mar 10 (S-bound) 10:00 - 2:00pm **Reg. Feb 17**

## CULINARY ARTS FIELD TRIP \$5.00

Join Rosangela for a fascinating tour of the Central Market, then on to Pacific Food Imports for more touring and tasting. Lunch on own. (Monday trip)

Mar 15 (S bound) 10:00-2:00pm **Reg. Feb 27**

## SEE CITYWIDE PAGE FOR MORE ....

January 13..... Performing Arts Planning

February 15..... Bocce Day Of Fun

February 21..... Chess Tournament

February 25..... NW Chamber Orchestra

Once A Month.....Cooking Demonstrations

Advance Notice ..... Greater Seattle Senior Games

# MAIL - IN REGISTRATION

You are welcome to use the following form to pre-register for any CLASS / WORKSHOP (**NOT Trips**) offered by the Senior Adult Programs Section throughout the City of Seattle.

ALL registrations must be accompanied by payment in the form of check or money order (**NO CASH PLEASE**). If you have any questions on filling out this form, please call the Recreation Specialist listed under the Division in which you are interested in this brochure.

**NOTE:** Do not use the Mail-In Registration form for trip registrations. You must phone in for trip registrations (see "trips" listed under the different sites in the program brochure).

**PAYMENT:** Make check or money order payable to: Senior Adult Advisory Council (SAAC)

**MAIL TO:** Mail according to the directions in the program under "Class Registration" listed in each Division.

## FRAGRANCE FREE COURTESY

During Senior Adult Programs / Trips, please refrain from the use of any perfumed personal care products as a courtesy to those who experience chemical sensitivities.  
Thank You.

## Mail - In Registration

Class Title	Day	Time	Fee	Class Location

Name: \_\_\_\_\_ Telephone: (\_\_\_\_) \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_

Zip: \_\_\_\_\_

Total Fee Enclosed: \$ \_\_\_\_\_



We're looking for Volunteer Drivers who enjoy people and travel. All costs for lunches, admissions, etc., are paid for. Call 684-4951